



Release Disclaimer For Home Learning & Practice

HOME PRACTICE WAIVER for participating in MARIA PATRICK'S classes online - live stream VIA ZOOM

Please take responsibility for your own safety and well-being when doing class online

As you are participating in my classes without an instructor present in the room with you, please take all due care and precautions for your health, safety and surroundings. Feel free to make any modifications necessary in the practice to take care of yourself and to ensure you are not straining or body or causing yourself any pain. Also please ensure that your practice space is safe around you and under foot. You agree to take full responsibility for the safety and well-being of yourself, others, and your environment when doing these practices.

By clicking on the ZOOM link and participating in my classes via ZOOM, you agree to the following:

I understand that the program may involve physical, mental, intellectual, and emotional activity, including exercises that may tax my physical, intellectual, mental and emotional capacity. I understand and acknowledge that my participation in the program and in every separate part of it is purely voluntary and that at all times I may

choose to NOT participate in any part or all of the class. I acknowledge my responsibility for exercising my own judgment and initiative in choosing what parts of the class I will participate in. I acknowledge that my choices and my actions may pose a risk of injury to myself or others. By this consent, I knowingly and voluntarily assume the risk of injury either to myself or caused to others by me in the program. I release Maria Patrick from any and all liability for injuries to myself. I agree to hold harmless Maria Patrick and any of her companies from any and all liability for injuries to myself and for any injury to others.